



Hoop Relays

All players have a hoop in the same position. First player has an eraser to pass off to the next player when returning from the cone. Each relay player travels differently with a different motor skill. Hold hoop in a different position when possible. Run, skip, gallop, slide, run backward, heels only. Fast walk, tall run, cross-midline run...

Hoop Partner Stations... Down the Gym Floor

Each set of two hoes has a different activity planned for partners. Players rotate to the next station every two minutes.